

9 Tips to Reduce Anxiety & Stress During the COVID-19 Pandemic

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- **Just Breathe** - Deep breathing will help you to relax! Breathe in deeply through your nose.... Hold it for 5 seconds...Exhale slowly through your mouth. Repeat this breathing exercise 3 times.
- **Shift Your Mindset** - Focus on the here and now. Control and manage what you can today. Try not to focus on the “What if’s.” Realize that you are not alone.
- **Limit News Stories** - Turn the 24/7 news shows off. Listen to or read the news no more than 2 times per day. Also, make sure you are getting information from reliable news sources.
- **Be Productive** - This is the perfect time to work on those home projects and activities that you have been putting off. This includes business activities. De-clutter, organize, and regroup!
- **Emotionally Reconnect With Others** - Spend quality time with those you are quarantined with. Connect with family and friends outside of the home through social media (Facebook, Instagram, etc.) or video chat (FaceTime, Google Duo, Zoom, etc.)
- **Establish A Routine** - Try to create and maintain a daily routine to form a sense of normalcy.
- **Take Breaks** - Set realistic goals for what you would like to accomplish in a day, week, month, etc. Nevertheless, be sure to walk away from tasks and take breaks as needed. Remember that others in your home may experience stress and are in need of a break too.
- **Personal Self Care** - It is easy to not get enough sleep, eat junk food, and spend too much time in front of a TV or on social media. Be sure to get an adequate amount of sleep, prepare and eat healthy meals and snacks, and find time to exercise.
- **Engage in Meditation & Prayer** - Take time on a daily basis to meditate and pray. This will give you an opportunity to clear your mind and refocus.

Dr. Sherry™

For more information, contact Dr. Sherry at www.askdrsherry.com